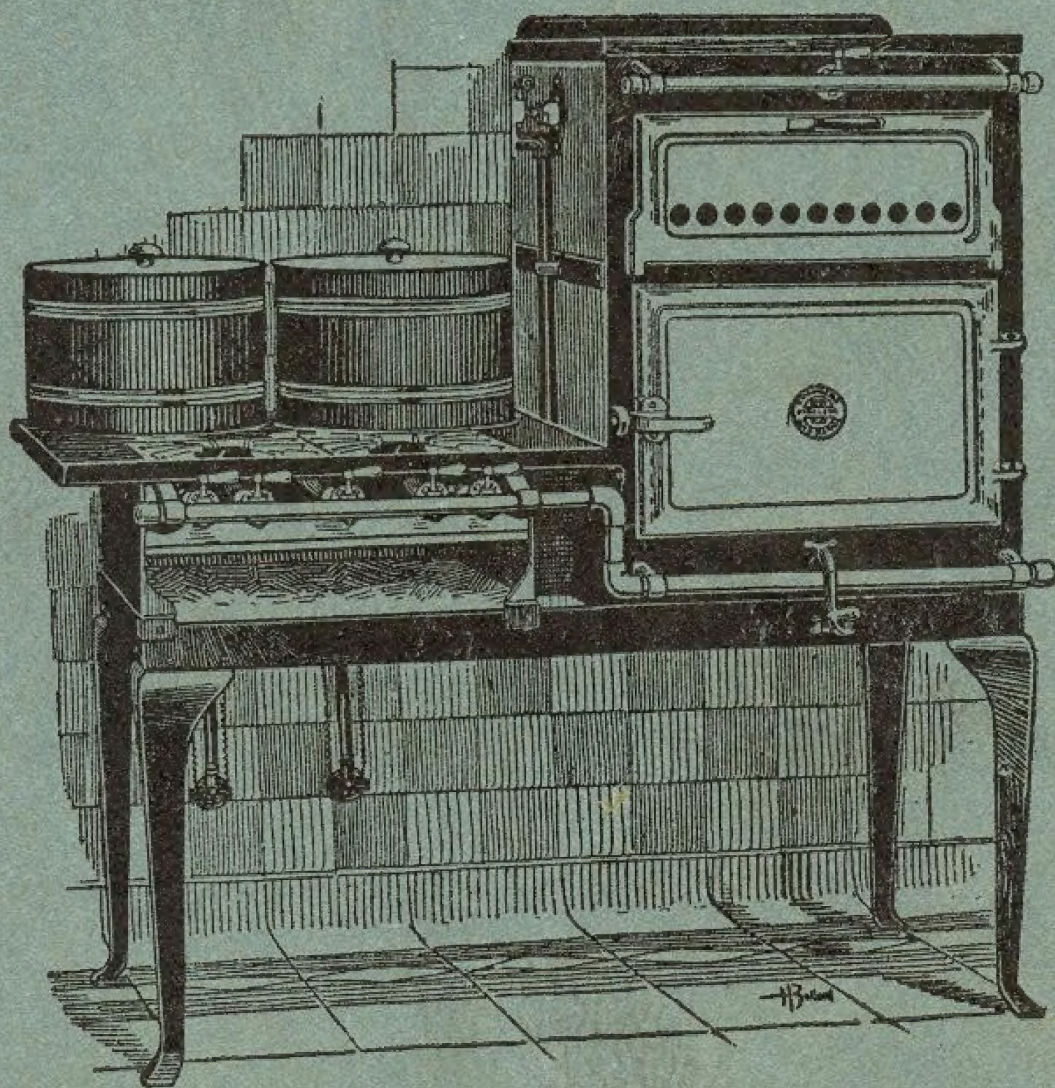


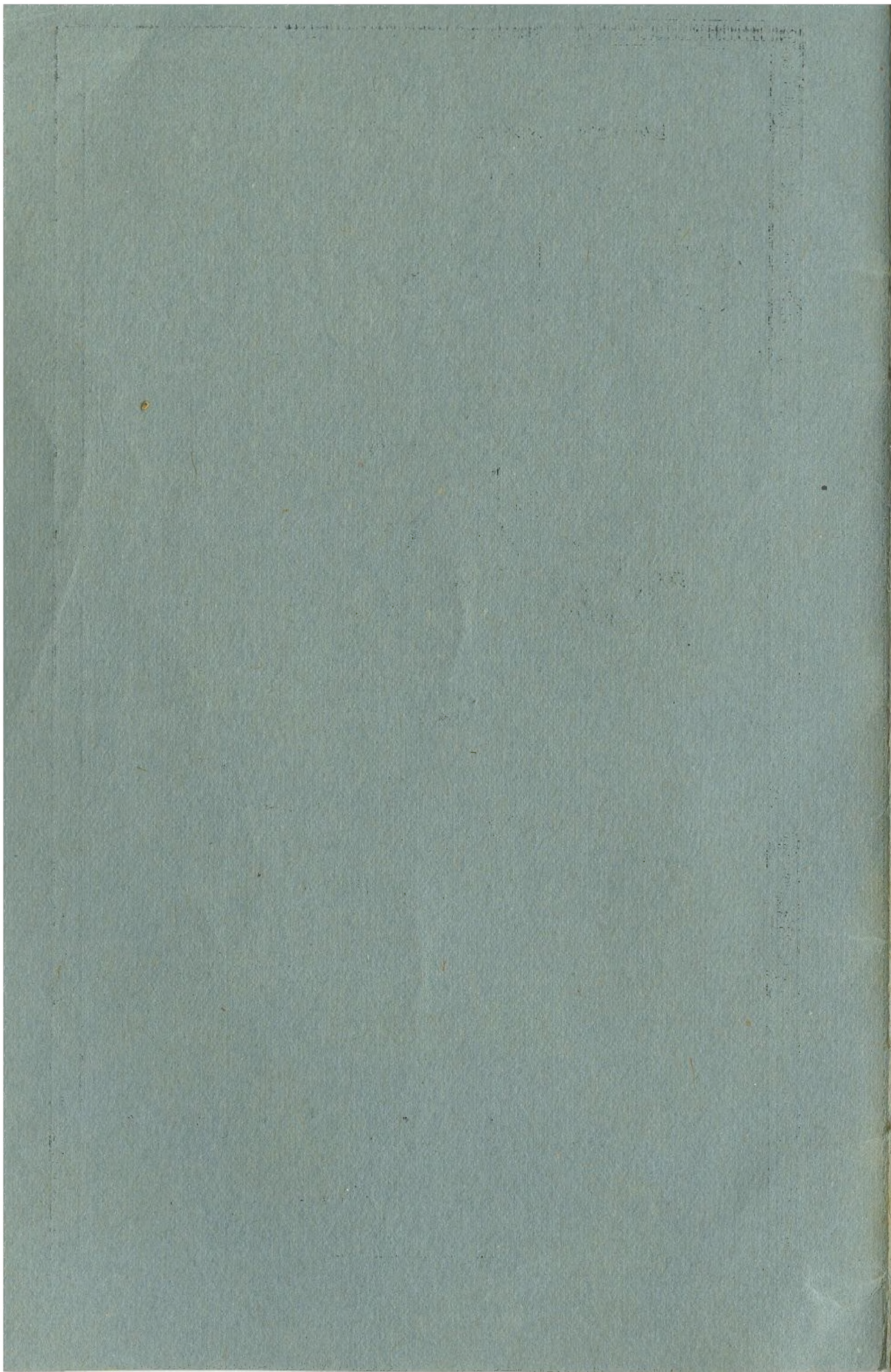
DIRECTIONS FOR INSTALLING
AND USING

Chambers Ranges



CHAMBERS MFG. COMPANY

SHELBYVILLE, INDIANA, U. S. A.



FOREWORD

Keep your Chambers Range clean.

Use common sense in operating your Chambers Range.

Use the oven—fireless.

Use the hoods—fireless.

Read the Simple Rules Page 14.

For fast oven work (biscuits) bring oven to baking temperature before placing food in the oven.

Guard against jamming and chipping vitreous enamel linings of oven and hood which are rust-proof if not marred and chipped.

Total time of oven work in a Chambers is the same as the ordinary gas range. Fireless in the Chambers does NOT mean SLOW.

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SIMPLICITY

of

The Operation of a Chambers Fireless Gas Range

THE first thing to be assured of, in operating a Chambers range, is that fireless cooking as it is applied to the operation of a gas range, is the simplest form of cooking. There is nothing complicated about the fireless oven. It is, after all, an ordinary gas range oven, thoroughly insulated, and built to give very best results with the least possible amount of fuel. The Chambers range will save just that much fuel and time that is consistent with best results in cooking.

The heat in the fireless units of the Chambers appliance is applied directly to the food. There is no use of extra equipment, and no necessary transfer of food from one kitchen appliance to another. No heat units are lost in heating soapstone disc. No heat units are lost in heating up the kitchen by radiation through a sheet iron oven.

So the very first thing to be sure of, is that in operating a Chambers range, you are not attempting some engineering feat, but merely operating the most efficient gas range ever built—operated by the same principles with which you have been used to cooking.

In the suggestions which follow in this direction book, we have attempted to strike a mean between extreme conditions which affect cooking. To lay down a positive set of rules to govern the operation of the Chambers oven, or the Chambers hood would be an impossibility. There is too much difference in the heat units contained in each cubic foot of different kinds of gas. A low grade of artificial gas, containing approximately 550 heat units per foot, would produce altogether different results than the same time and food conditions if operated with Blau gas containing 1800 heat units per cubic foot.

For this reason we ask you not to blame the range if conditions are not absolutely expressed by these suggested timing guides and schedules. Be governed by your own experience and common sense—your own cooking ideas. Don't blame the Chambers range when it doesn't work, because it operates within a law of a fixed principle of

heat, and when properly used, it cannot but accomplish the very best results.

The first principle upon which the Chambers range is based, is ECONOMY. To get the most out of your Chambers range, use it as a fireless cooker as much as possible.

If you wish a fast oven, you have it as a gas range.

If you wish an economical range, you have it as a fireless cooker.

When the gas is burning, it is practically the same as an ordinary gas range and is operated as such.

The Chambers range is not a gas range with only a little insulation to distinguish it from the ordinary type. It not only has a scientifically constructed oven, but also a positive fireless unit on the cooking top of the range—the hood.

Practically 85 per cent of cooking is done on the cooking top. In order to offer real economy of fuel on the cooking top, the hood unit of the range has been added. It is an inverted cylinder, thoroughly insulated and easily operated. The application of heat is direct. The burner throws the heat units directly into the food, and any excess units are saved and stored within the hood itself and the cooking is continued with the hood closed, by use of the extra units which in the ordinary open burner pass into space and are lost.

Use your hood. **COOK WITHOUT GAS.**

It is the most economical unit on the range. Instead of using gas through a long period of parboiling, bring your food to a brisk boil. Shut off the gas, close the hood securely, and cook with those stored heat units in the hood itself. In this unit alone, a saving of 60 to 80 per cent can be made in your gas consumption. (See operation of the hood, page 10.)

The other great economical unit of the Chambers range is the oven. When using this unit, use the extra units of gas which in this case are saved from passing up the chimney and radiating through the room. Use your gas turned on long enough to thoroughly heat the roast, or bread, then swing the control lever which at the same time closes the dampers of the fireless oven and cuts off the gas. Let those stored and imprisoned heat units do the work, and allow the regular amount of time for your cooking operation.

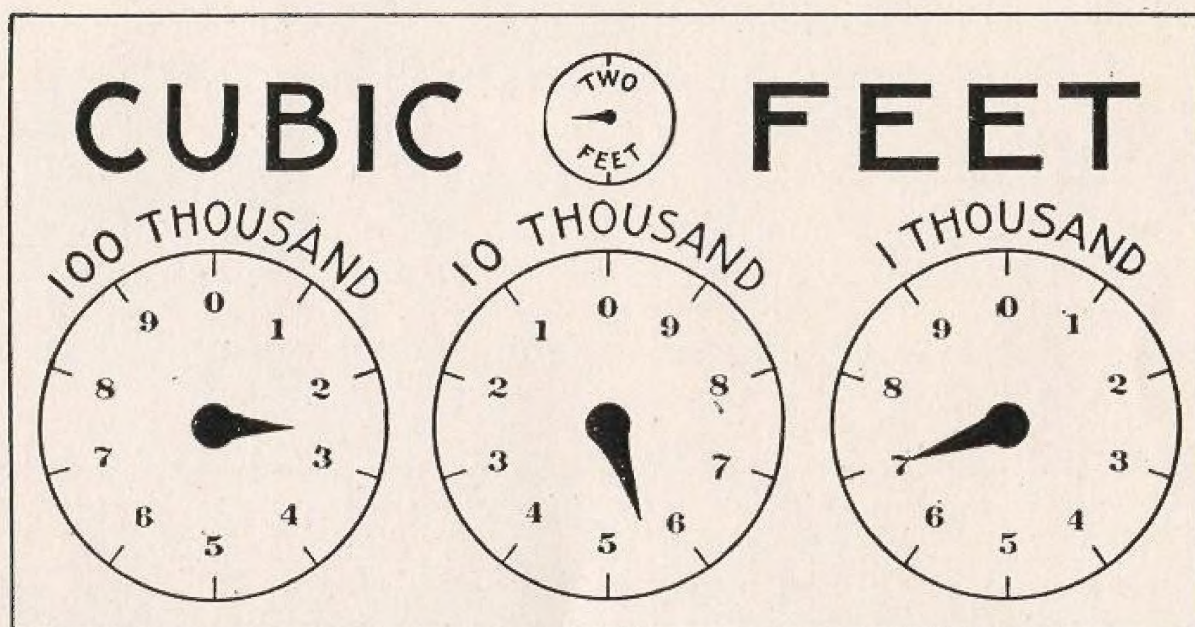
Use your oven, fireless—**COOK WITHOUT GAS.**

(See operation of oven, page 11.)

On the following pages we have tried to give you several hints and suggestions which should enable you to get the most out of your Chambers range.

ECONOMY

You Can Know By Reading the Meter



(This dial reads 25,700 feet.)

Instructions

The hands turn alternately to the right and left and pass clear round to register the number of feet printed above the dial. Each division on the *last* dial is therefore 100 feet.

Begin at the left and read the *smaller* number next to the hand on each dial in succession and you have the number of feet in *hundreds*.

This is the consumption since the meter was set. To get the month's consumption subtract the reading of the first of last month from the reading of the first of the present month.

Try this with your Chambers range. See how much gas is saved in each cooking process.

Not only will there be interest in your decreased gas bills, but it is interesting to see the range operate, when the dials on your meter cease to turn.

When it is considered that Chambers ranges are operated by one-third to one-half as much gas, and REQUIRE NO LONGER TO COOK THAN THE ORDINARY GAS RANGE, it is easy to understand just how much saving there is in the use of this economical appliance.

Installation

First see that you have all the packages your bill of lading calls for and that all parts are removed from inside of range. Reported shortages usually come from failure to observe this rule.

In removing crating, take care that all parts and pieces are removed from crate. Hoods are usually packed in ovens. On some models, there will be an extra crate with one hood. The hood rod and weight will usually be wired on the side of the crate. The weight will be found in one of the corner braces of the crate.

To avoid difficulties in carrying through door, add all attachments after range is placed in kitchen.

The hood rod should be passed through the pipe hood rod bearing which is usually shipped in its place at the back of the cooking top.

Two pulleys should be found with hood fixtures. The eye pulley should be hung by split ring to back flange of top casting. The screw pulley should be screwed into the lower end of hood rod. The chain should be attached by one end-hook to the hole in bottom of hood bearing casting, threaded through both pulleys (as in cut) and attached to weight at other end. (See cut.)

The Automatic Hood Release should be placed in position as shown, so that when hood rod is lowered, it will catch on the spring at the offset in the hood rod. In the burner box will be found a bent piece of $\frac{5}{16}$ " round rod. The straight end of this rod should be placed through the hole at the back of the burner box. The bent end of this rod should be placed through the hole, beside the valve of the hood burner. It should be so set that when the gas cock is turned on, the stop at the back of the hood rod will catch the offset on the pipe, and when the valve is turned off, the hood release rod should release the spring at back so that hood will come down freely.

When attachments are properly installed, hang hood on rod as shown in cut.

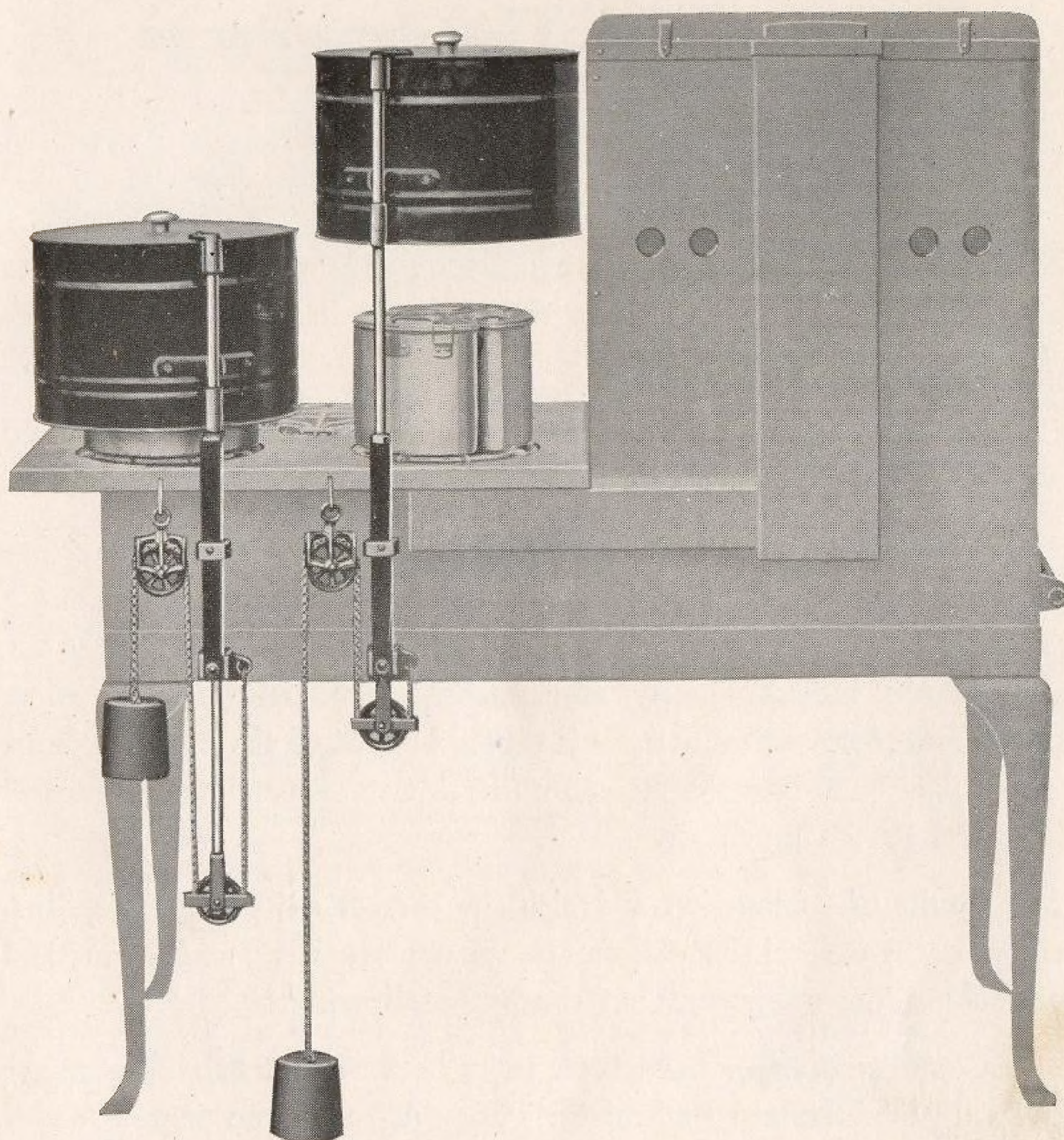
Legs and bolts will be found in oven, or wired in crate.

Use a few drops of oil in bearings of hood rod.

The hood burners are shipped in their regular places.

CONNECT RANGE TO NO SMALLER THAN $\frac{3}{4}$ " PIPE.

Rear View



Showing Correct Position of Hood, Raised and Lowered

The cut also shows correct position of hood rod, position of pulley, chain and weight.

The automatic hood stop should be in line with the hood release rod, which is found in burner box, leading from valve operating hood burner.

If hood does not seat properly on cooking top, loosen screw on top hood casting, seat hood firmly and tighten screw in slotted hole at top. In this way the hood will be held at the correct angle to seat on top properly.

To Have Your Chambers Range Work Properly

First: See that all parts are in place and in working order. Gas connection should be made with three-quarter inch pipe. A smaller size is not good practice.

Second: The kettle rests for the back burners should be placed centrally over the burners, otherwise the hoods will not close properly.

Third: Adjust the burners so that the flame from each orifice shows a clear blue cone about one-half inch high and without a yellow tip. Red flashes in the flame are caused by dust in the air and do not indicate faulty adjustment. The yellow color which causes soot to collect on utensils is caused by lack of air. A blue flame which pops back into the mixer or that blows away from the burner is caused by too much air.

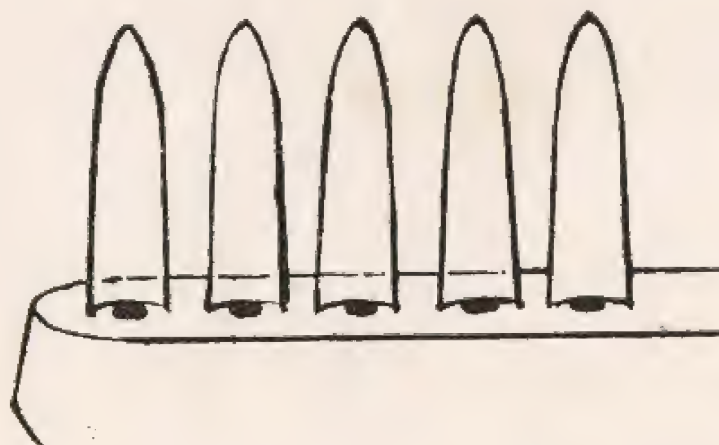
Faults of combustion and also the correct adjustment are illustrated in the natural size diagram on the opposite page, and the method of making the adjustment on the page following.

Chambers ranges have been built both with special cap mixer and with the standard Bell mixer. For this reason, on pages 8 and 9 we give mode of adjusting both these mixers.

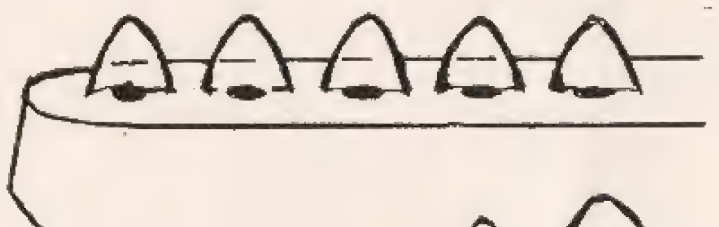
Study flames on opposite page, then see directions for adjusting gas and air on pages 8 and 9. The adjustment of your gas is an essential to perfect operation.

**THIS ADJUSTMENT APPLIES TO NATURAL OR
MANUFACTURED GAS.**

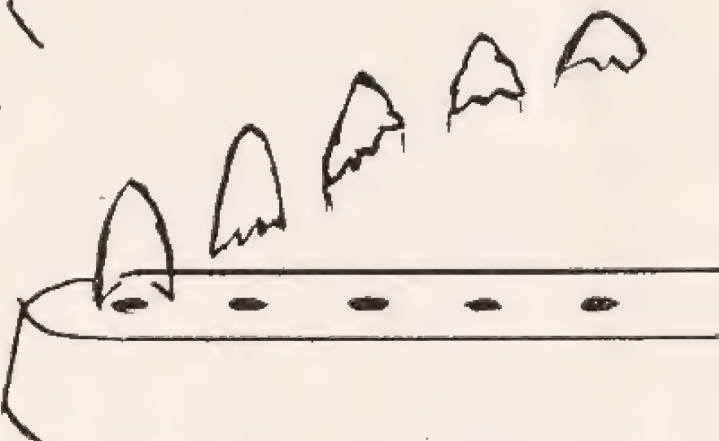
**FOR BLAU GAS ADJUST THE FLAME ABOUT
THREE-EIGHTHS OF AN INCH HIGH.**



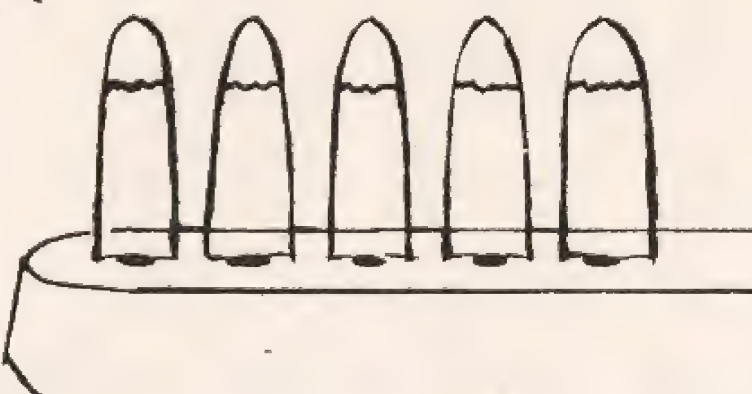
Blue Flame
Too Much
Gas



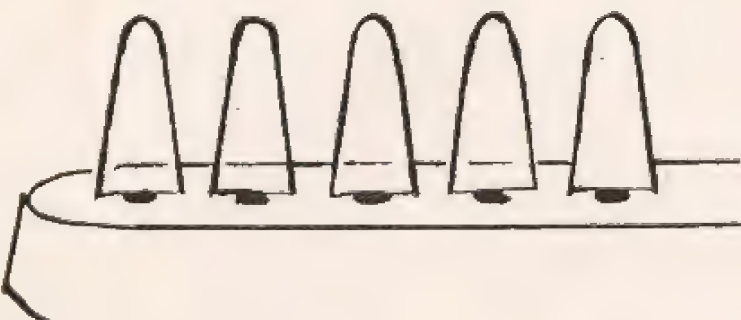
Blue Flame
Not Enough
Gas



Blue Flame
Too Much
Air

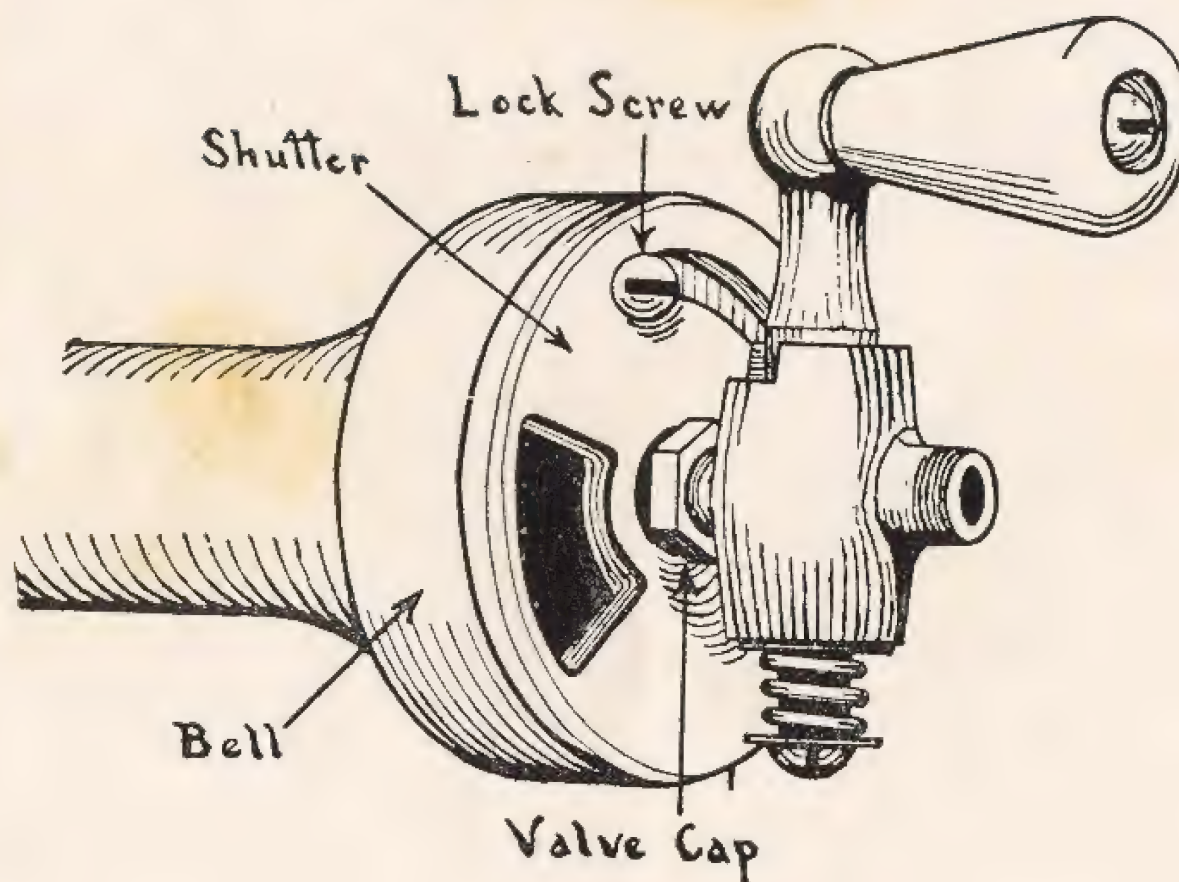


Yellow Tip
Not Enough
Air



Clear Blue
Cone
Perfect Flame
 $\frac{1}{2}$ Inch High

The Bell Mixer



To reduce flow of gas, turn the valve cap to the left.

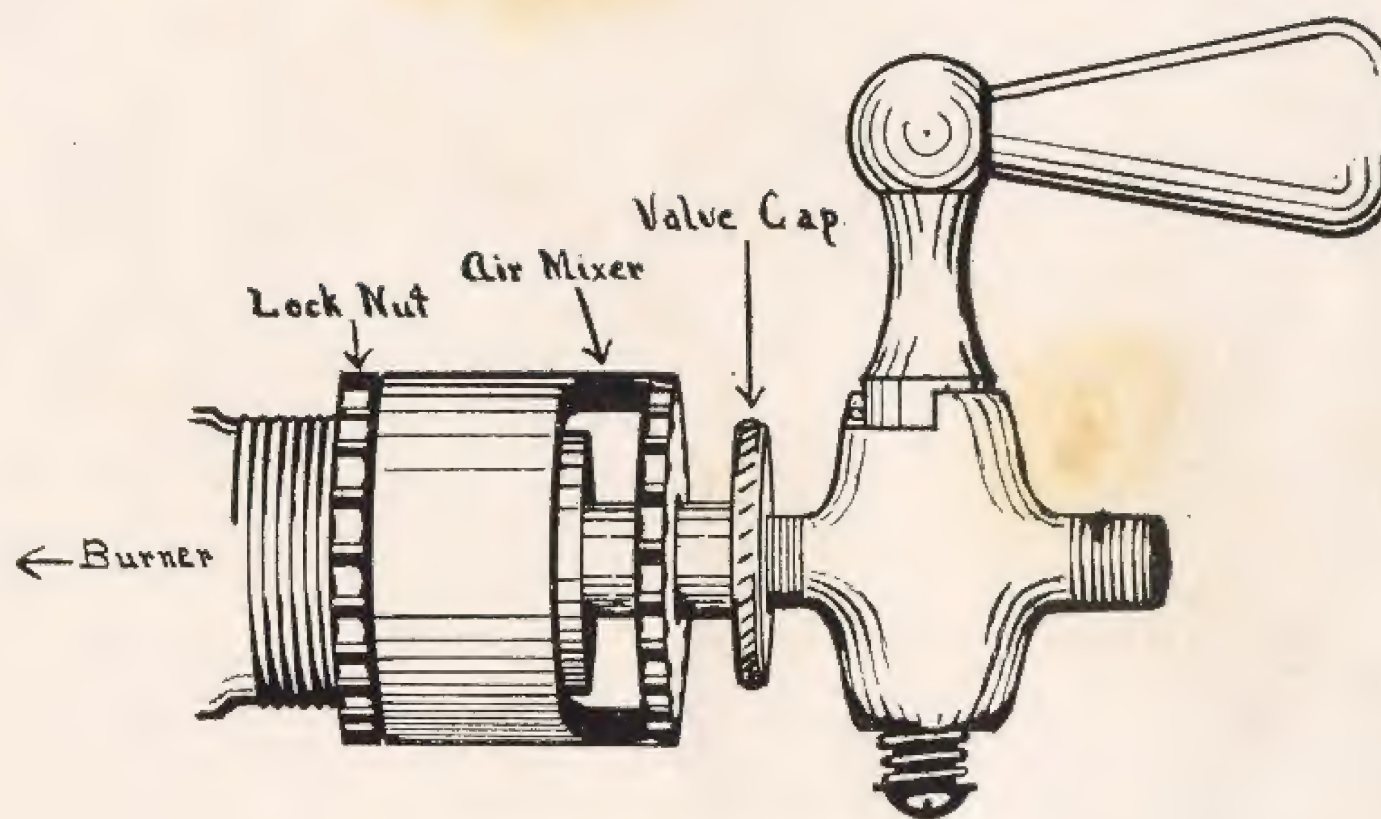
To increase flow of gas, turn the valve cap to the right.

To admit more air, open screw on shutter and turn disc so that more opening is clear. Then tighten screw to hold air adjustment in correct position.

To cut down air, open screw and turn shutter disc to left, closing the opening in face of burner.

When proper adjustment is obtained, set screw tight and this adjustment will be held.

The Cap Mixer



BURNER ADJUSTMENT

To reduce the flow of gas, turn the valve cap to the left.

To increase flow of gas, turn the valve cap to the right.

To admit more air, turn the mixer to the left.

To admit less air, turn the mixer to the right.

When the mixer is properly adjusted it is held firmly in place so that it cannot be accidentally disturbed by turning the lock nut against it.

COOKING SCHEDULE FOR

UNDER THE HOOD

Time for Burning Gas (direct heat)	FOOD	Approximate Time of Fireless Cooking (indirect heat)
BOILING, STEWING, STEAMING—VEGETABLES		
Count this time from boiling point		
5 min.....	Potatoes—Irish	25 min.
5 min.....	Potatoes—sweet	30 min.
5 min.....	Squash	25 min.
5 min.....	Spinach	35 min.
25 min.....	Beans—shelled	2 hours
5 min.....	Peas—not canned	25 min.
5 min.....	Beans—string	2 hours
8 min.....	Corn—not canned	1 hour
Bring to boil.....	Asparagus	25 min.
Bring to boil.....	Tomatoes—fresh	30 min.
10 min.....	Cabbage	55 min.
5 min.....	Cauliflower	45 min.
5 min.....	Onions	45 min.
10 min.....	Beets	50 min.
10 min.....	Turnips	55 min.
5 min.....	Parsnips, per lb.....	40 min.
10 min.....	Carrots	45 min.
Bring to boil.....	Rice—boiled	30 min.
Bring to boil.....	Rice—steamed	1½ hours
5 min.....	Cereals (see page 14)...	all night

MEATS

Per Lb.		Per Lb.
7 min.....	Beef—pot roast, Irish stew, hash.....	40 min.
9 min.....	Pork—fresh	45 min.
8 min.....	Mutton	40 min.
6 min.....	Chicken—fowl	40 min.
8 min.....	Lamb	40 min.
9 min.....	Veal	50 min.
Boil		
1 hour.....	Corned Beef	3 to 5 hours
1½ to 2 hours.....	Ham—smoked	4 to 6 hours
1 hour.....	Tongue—smoked	3 to 4 hours
1 hour.....	Tongue—fresh	2 to 3 hours

FRUITS AND PUDDINGS

Brisk boil.....	Apple or Rhubarb Sauce	20 min.
10 min.....	Prunes, dried fruit.....	3 to 4 hours
Brisk boil.....	Pears—stewed	30 min.
10 min.....	Apple Dumplings, boiled	1½ hours
30 min.....	Indian Pudding, boiled..	4 hours

SOUPS

30 min.....	Beef, Mutton, Chicken...	4 to 6 hours
25 min.....	Bean, Bouillon, Vegetable	3 to 4 hours
Boil	Celery, Corn, Potato....	30 min.

See Page 14

See Page 14

OR CHAMBERS FIRELESS

UNDER THE HOOD—STEAMING

Time for Burning Gas (direct heat)	FOOD	Approximate Time of Fireless Cooking (indirect heat)
30 min.....	Boston Brown Bread....3 hours
10 to 20 min.....	Fruit Puddings.....1½ to 3 hours
30 min.....	Suet Puddings.....4 hours
20 min.....	Indian Puddings, steamed3 hours
15 min.....	Apple Dumplings, steamed2 hours

IN THE OVEN—BAKING

15 min.....	Bread—wheat, rye.....45 min.
20 min.....	Bread—corn meal.....50 min.
8 min.....	Muffins, Gems.....10 min.
10 min.....	Cake—layer15 min.
25 min.....	Cake—loaf.....30 min.
50 min.....	Cake—fruit3½ hours
10 min.....	Pies—apple, berry15 min.
10 to 50 min.....	Puddings, Cobblers.....3 hours
20 min.....	Potatoes—Irish30 min.
15 min.....	Potatoes—sweet35 min.
15 min.....	Squash1 hour
55 min.....	Beans—shelled3½ hours

ROASTING

This table applies to five pounds or less

Per Lb.			Per Lb.
5 min.....	For Five Pounds or Less	Beef20 min.
6 min.....		Mutton25 min.
6 min.....		Lamb25 min.
7 min.....		Veal30 min.
8 min.....		Pork30 min.
9 min.....		Goose35 min.
6 min.....		Turkey25 min.
7 min.....		Chicken30 min.
8 min.....		Duck20 min.
8 min.....		Birds15 min.

See Page 14

See Page 14

THE BROILER

The broiler of the Chambers range may be used the same as any other gas range. This unit is ideal for toasting bread.

THE OPEN BURNERS OF THE COOKING TOP

The Open Burners on the cooking top of Chambers ranges are to be used the same as those on any other gas range.

The giant burner, offering volume of heat is excellent for boiling and heating large quantities of food.

SIMPLIFIED SCHEDULE

For the Housewife who has NOT cooked before—

We suggest following the schedule on pages 12 and 13.

For the Housewife who HAS cooked before—

The following general rules to apply to previously practiced methods will in an easy and simple manner give you very good results:

ROASTING RULE NUMBER ONE

Put roast in oven as soon as gas is lighted. Let gas burn, FULL FORCE, about thirty minutes. Shut off gas, closing oven damper at same time. LEAVE ROAST IN OVEN THE SAME LENGTH OF TIME AS IN ANY STOVE INCLUDING HALF HOUR ABOVE.

BAKING RULE NUMBER TWO

In baking bread, pies, cakes, etc., put the article in the COLD oven, as soon as the gas is lighted. Burn gas, FULL FORCE, until article BEGINS to turn brown. (This does not apply to biscuits and fast oven work.)

Shut off gas, closing oven damper at the same time.

LEAVE FOOD IN THE OVEN THE SAME LENGTH OF TIME AS IN ANY STOVE.

RULE NUMBER THREE

In all cases not covered by the above, put food in cold oven—as soon as gas is lighted.

Burn gas one-third as long as with any stove then shut it off, closing oven damper at the same time.

LEAVE FOOD IN OVEN THE REMAINING TWO-THIRDS OF THE TIME.

NOTE

We advise the use of a covered roasting pan for meats. Do not use any water.

While we advise putting nearly everything into a cold oven there are a few articles which require a very hot oven at the start, such as baking powder biscuits, pop-overs, cookies, etc. In such cases it is well to burn gas five or ten minutes before putting the article in the oven.

Food cooks as quickly in this fireless way as in the ordinary oven, yet it can be left for hours afterward without drying up or getting cold.

TO BOIL FRESH VEGETABLES

Do not cover them with water. Use only enough COLD water to keep them from boiling dry during the few minutes the gas is on—an inch of water when the vegetables are in the kettle is enough.

Boil five or ten minutes, counting from the time they begin to boil.

Leave them with gas shut off, hood down as long as it would require to cook them on any stove.

Vegetables which require different lengths of time to cook can be started at the same time. Cook them the length of time required for the slowest one. It will not do any harm to leave them under the hood for hours.

TO BOIL OR COOK MEATS OR OTHER ARTICLES OF FOOD

Boil one-third as long as it ordinarily requires to cook. Leave with gas shut off, hood down, for the remaining two-thirds of the time.

When, according to this rule, it is necessary to boil such articles for an hour or more, it is well to divide this boiling time into two or more half hour periods with several hours in between with gas off.

Hams or other articles too large to be cooked under the hood can be boiled in the same way in the oven.

The No. 30 Ovens

(Including the No. 30, 9030 and 9530)

All Chambers ranges, with exception of the Nos. 30, 9030 and 9530 are equipped with the special boiling unit, the HOOD.

These models are so constructed as to make them highly efficient cooking units, producing every service of the ranges equipped with larger ovens and hoods.

The size of the No. 30 ovens is small enough to make them practical both as baking and boiling units, and are equipped with special fixtures to make them most easily operated for either process.

The Baffle or Oven Bottom Plate of these models are all equipped with both solid lids and open grates.

WHEN THE No. 30 OVEN IS USED FOR BAKING OR ROASTING

Place the solid lids in the oven baffle plate, insert the oven rack, and use same as directions for larger sized ovens, pp. 12 and 13 in schedule.

WHEN THE No. 30 OVEN IS USED FOR BOILING OR STEWING

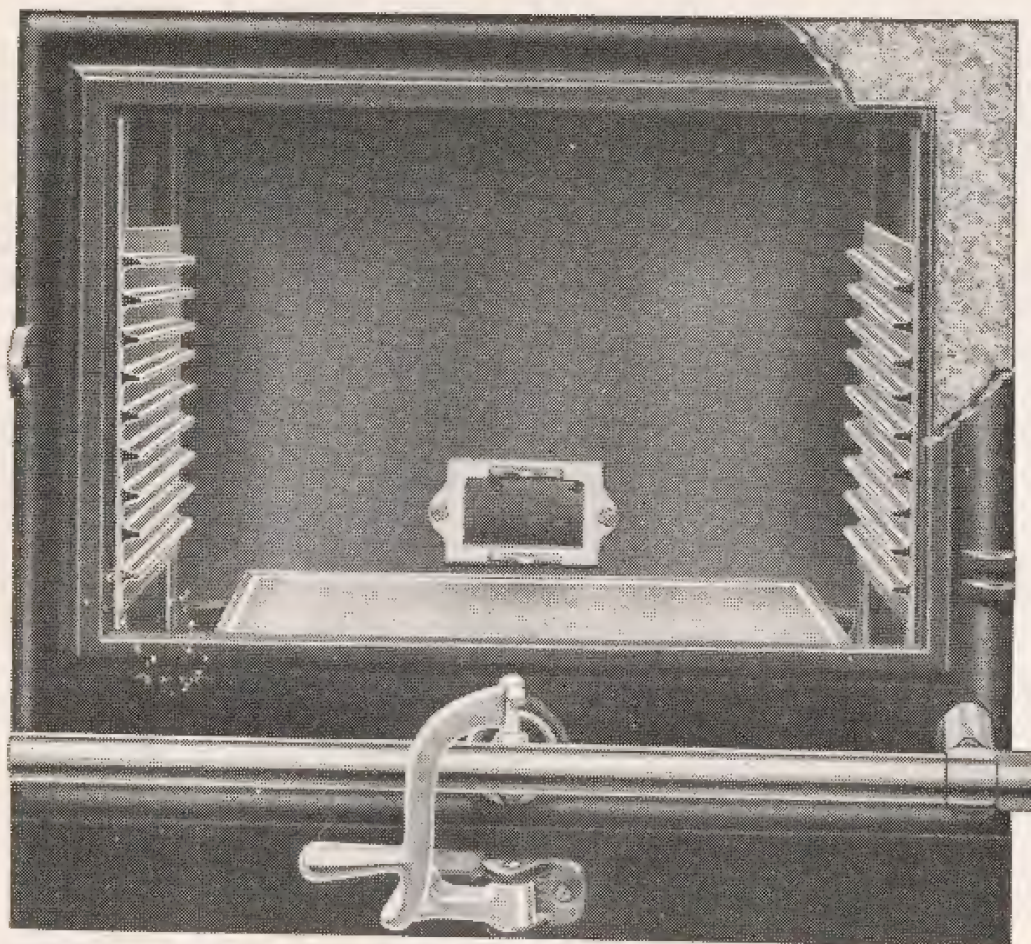
Remove the Oven Rack. Place the Open Grate in the baffle plate and proceed as per directions for Hood in schedule pp. 12 and 13. The small sized oven will, if operated in this manner, produce the same results as a top burner hood.

In reality, by placing a grate in the baffle plate, a top burner is obtained, through the especially designed oven burner.

The Operation of the Oven

The operation of the Chambers oven is very simple, being operated by a single control lever. The oven damper lever, which is located just below the door, must be thrown clear to the left before gas can be ignited, thus opening both back and bottom oven dampers. This insures plenty of air for the oven burner.

By swinging the lever full to the right the dampers are closed making the oven fireless and at the same time closing the gas cock.



TO LIGHT OVEN BURNER

Open oven door. Push handle, which is below the oven door all the way to the left.

Turn on gas. After a second or two apply a lighted match to opening in plate just inside oven door.

TO CLOSE OVEN DAMPER

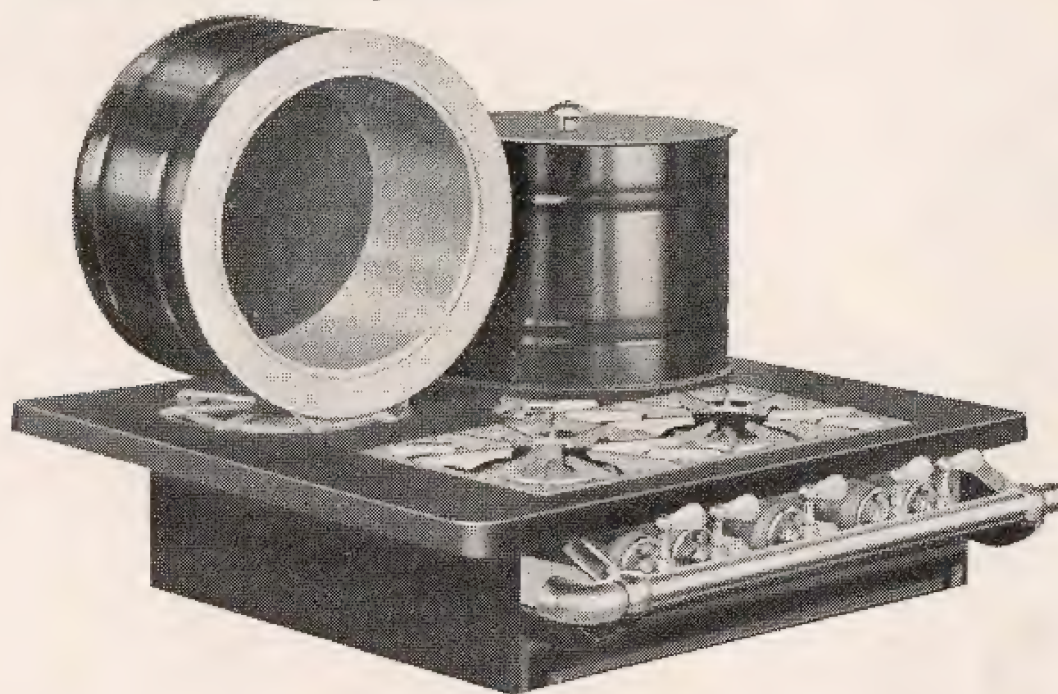
Push handle all the way to the right. This will shut off gas and close damper at the same time. NEVER BURN THE GAS WITH DAMPER PARTLY CLOSED.

The Operation of the Hood

TO COOK UNDER THE HOOD

Light burner, place the kettle containing the food over the flame. Lower the hood down around the kettle as far as the automatic stop will permit it to go.

The hood should never be pushed all the way to the top of the stove when the gas is burning. After the gas is shut off it should then be pushed all the way down.

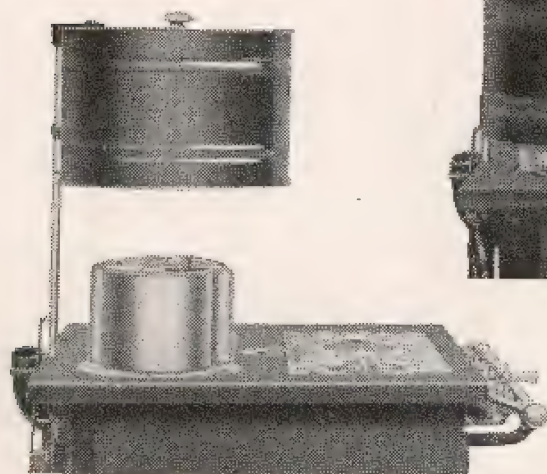


The three positions of the hood are shown below:

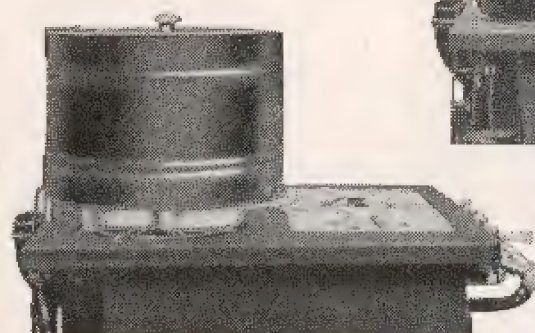
A—The hood at its highest point at which it may be swung out of the way. With the hood in this position, the kettle may be easily placed on the hood burner.

B—The “Gas On” position. When the gas is on, the hood will catch in this position, insuring plenty of air to burner.

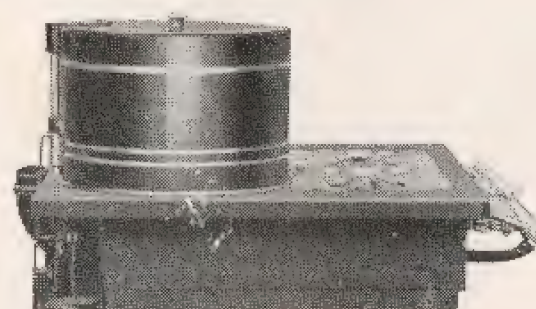
C—When gas is turned off, push the hood to this position for fireless cooking.



A



B



C

Helpful Hints to Chambers Users

BURNING OF GAS

In operating the fireless units of the Chambers range, it is best to follow the schedule as closely as possible, but as has been before stated, these schedules are subject to change with varying pressures and heat content of gas. Use the Chambers oven and hood like a regular gas range oven with the gas on. When your food has just begun to turn in color (and it is all right to look occasionally into your oven while gas is burning) then start your fireless operation. If you are used to watching your food in cooking, there is no reason why you should not do so with a Chambers. Peek in through a slightly opened door, and when the food has just begun to turn in color (your cooking temperature is right) then let the gas burn for a few seconds longer to recover the heat lost in opening the door, then swing your lever around and start your fireless operation.

It is always best, to insure perfect circulation through oven, to have gas burning at FULL SPEED when it is turned on.

BAKING

It takes from 10 to 20 minutes to bring the oven to a baking heat. In the schedule it is given as 15 minutes. A good method of baking is to put the bread into the oven just after lighting the fire, and at the end of about 15 minutes, peek into the oven. Just when the edges are beginning to show a tint of orange, your baking heat is obtained. Turn off the gas and your bread will cook with no further attention until the end of an hour, or forty-five minutes later.

To bake layer cakes, heat oven eight minutes previously to putting in layers, have gas on five minutes after layers are in and gas off 12 to 15 minutes. Follow same rules for cookies.

For baking biscuits which are very rapidly baked, get a good hot oven and place your biscuits in the oven; proceed with a Chambers oven as you have with the ordinary oven. The well insulated walls of the Chambers oven will make it one of the fastest ovens when used as a gas range and excellent results can be obtained in its use for cooking fast biscuits.

ROASTING

In roasting, the same as in all other methods of cooking; be guided very largely by the cooking methods you have used formerly.

To roast beef rare, perfectly and uniformly: Before placing roast in the oven let the gas burn "full on" for 15 minutes while oven door is shut and flue door is open. Then quickly place roast in the oven and close oven door immediately. Leave roast in the oven, gas burning, for three minutes for each pound of meat; then shut off gas by latching tight the flue door. After gas is out let the roast remain in the oven for ten minutes to each pound of meat—NOT LONGER. Do not open oven before the time indicated.

In cooking roast or fowl, use a covered roaster; do not use any water

but place the roast or fowl in the cold oven and light the gas. Always place a fowl on its breast, not on its back.

If at the end of your roasting operation meats are not browned enough it is good policy to raise the cover of the cooking vessel or roaster and leave it in oven a few minutes with cover off to brown the outer part of a roast.

OTHER KINDS OF COOKED MEATS

To cook round, flank or chuck steaks, and other tough but wholesome meats, and make them tender and toothsome—including old chickens: For tough steaks, put bits of chopped suet or bacon, or salt pork in the skillet. Light the gas in the oven, put skillet in the oven, gas burning and shut oven door. After ten minutes open oven, put the steak in hot skillet and leave steak a few seconds to sear on the under side, then turn steak over, cover skillet with lid, push skillet and meat back into hot oven and shut oven door tight. At end of three minutes shut gas off, leave skillet and meats in the oven one hour.

To boil ham, tongue or other smoked meats under the hood, and save gas, bring to boil, then shut off gas, pull down the hood, and let meat remain two hours under hood. Then relight the gas, BRING TO A SECOND BOIL, pull hood down, shut off the gas, and let meat remain under hood, gas out, two hours or longer. This will require very little gas, but will thoroughly cook the meat and make it unusually sweet and tender.

CEREALS

Prepare in double boiler, if possible, using COLD water. Allow 35 to 40 minutes direct heat and at least two hours fireless time. Over night is not too long to fireless cereal. If cooked over night, a very few minutes of gas on a top burner in the morning will heat the cereal steaming hot, if it should not be quite hot enough to serve as taken from hood.

In cases where a small quantity of cereal is cooked, it is unreasonable to expect a small body of that kind to hold heat during a whole night. In these cases it is recommended when a double boiler is not available to use an extra vessel of water with the cereal, to introduce body into the fireless chamber and place heat units in same by this means.

AMOUNT OF WATER

For fireless cooking, do not use as much water as a recipe specifies for cooking in the old method. Usually in boiling, about one-half as much water is necessary. When roasting meats or fowls NO WATER IS NECESSARY. The meat will cook from its own natural juices.

PARBOILING

When a recipe calls for parboiling, bring food to a good brisk boil under hood, and then fireless.

If food is to be parboiled before baked, proceed to parboil, then pour off all liquid and proceed again as directed under "Baking."

Tested Recipes Used with the Chambers Fireless Gas Range

RECIPES

On the following pages we have given a few of the numerous excellent tested recipes which have been found successful with the Chambers range.

You may use the recipe which is your favorite. These are merely a few which are offered, in the hope that we may call a new one to your attention.

Your Chambers range should operate most perfectly with any recipe which you are accustomed to using.

As we are offering these to you for suggestions, likewise we should be very glad to receive any recipe which in the use of your Chambers range you find successful and tasty.

CEREALS

BARLEY MUSH

1 cup barley meal 2 teaspoons salt 5 cups water

Stir meal slowly into boiling salt water, carefully working out all the lumps. Place in double boiler, bring to good brisk boil fifteen minutes and allow to cook fireless over night.

CORN MEAL MUSH

1 cup corn meal $3\frac{1}{2}$ cups water 1 teaspoon salt

Stir meal slowly into salt water, carefully working out all the lumps. Use double boiler. Bring to good brisk boil, and allow to fireless over night. If in morning you wish the mush to be hotter, place over open burner for very few minutes before serving.

OATMEAL

1 cup oatmeal $2\frac{1}{2}$ cups cold water 1 teaspoon salt

Place oatmeal in salt water and mix as thoroughly as possible, bringing same to boil on open burner. Place in No. 70 double boiler, and after bringing water to brisk boil fifteen minutes, fireless over night.

OATMEAL

Put one quart of water to boil in pot over open flame, add salt and when boiling, stir in $1\frac{3}{4}$ cups of oatmeal, cover and place under hood; boil three minutes under hood, then turn off gas and lower hood; let cook all night.

SOUPS

SOUP STOCK

4 lbs. soup meat and bone	6 pepper corns	1 carrot sliced
1 onion	4 cloves	$\frac{1}{2}$ teaspoon pepper
1 tablespoon salt	1 turnip	2 bay leaves
2 stalks celery	$2\frac{1}{2}$ quarts water	

Wipe off meat and place in covered vessel. Immerse in water and add spices. Add salt. Bring mixture to good brisk boiling point. Allow to simmer for five minutes. Fireless six hours.

It is often good practice to light fire under mixture at end of three or four hours, bring soup to second boil and fireless during the remainder of time. When thoroughly boiled, remove from hood and skim fats and spices off top before using.

BEAN SOUP

1 cup navy beans	$\frac{1}{4}$ teaspoon pepper	2 teaspoons butter
2 stalks celery	2 quarts water	1 small sliced onion
1 tablespoon salt	Small piece ham or bacon	

Soak beans over night. When thoroughly softened, drain and add water and ham. Add celery and onion, also salt and pepper. Boil slowly for fifteen minutes with hood in lowered position. Drop hood and fireless for four hours. At end of three hours fireless, raise hood to lowered position and light gas for five minutes. Rub through sieve, add butter and serve.

CREAM CELERY SOUP

Several stalks celery 1 pint cream 1 large tablespoon flour
1 pint water Small lump butter

Cut and clean celery. Put into vessel, add water and salt. Bring to boiling point and fireless forty-five minutes. Remove from hood, add one pint cream, also lump butter. Bring to boiling point on open burner, and stir rounding tablespoon flour that has been stirred smooth in a little water. Stir well and serve with sprigs of parsley scattered in mixture.

CHICKEN SOUP

Use liquor in which whole chicken has been boiled. Cut carcass into small pieces and place in kettle with liquor. Add any gravy, dressing or trimmings that may be left from the fowl. Add four tablespoons of rice and bring slowly to brisk boil on open burner. Fireless four hours, strain, season to taste and serve.

SPLIT PEA SOUP

1 cup split peas $\frac{1}{2}$ teaspoonful celery salt 2 teaspoons salt
1 quart water Small piece ham or bacon 2 tablespoons flour
 $\frac{1}{2}$ sliced onion 3 tablespoons butter 2 cups milk

Soak peas over night, drain and add water (cold.) Add salt, onion, bacon and celery salt. Boil for ten minutes and fireless five hours. Rub through sieve, add butter and flour rubbed together, being careful to avoid lumps, and stirring it in until it thickens. Add milk and bring to boil.

Make cubes of toast and place in dishes. Pour in soup, and serve after adding a sprig of parsley.

TOMATO SOUP

1 can tomatoes Small onion A dash of cayenne
2 cloves 2 cups water 1 carrot
1 teaspoon salt 2 bay leaves 1 quart soup stock

Add water to tomatoes. Dice carrot and sliced onion. Add these vegetables and seasoning. Add salt and heat slowly to boiling point, then fireless one hour. Bring to boiling point, strain and serve.

VEGETABLE SOUP

1 cup peas $\frac{1}{2}$ cup diced celery Few cubes potatoes
1 onion 2 cups soup stock Salt and pepper
1 cup cubed carrots 2 cups tomato juice
1 cup turnips 1 cup diced turnips

To soup stock add tomato juice and cubes of turnip, potato, celery, onion, the peas and seasoning to taste. Boil slowly for ten minutes and fireless one hour.

MEATS**ROAST BEEF**

Get a good rolled roast, five to eight pounds. Add seasoning and prepare as you are accustomed to doing. Put roast in large roaster. Light fire in oven. Add NO water to roast, as in fireless cooking beef or meat roasts, the natural food juices in the meat will baste itself. Place roast in oven and allow gas to be on for about five minutes to the pound, i. e. a five pound roast would require approximately 25 minutes of gas. Then fireless 20 minutes to the pound.

In roast of over five pounds weight, it is well not to leave gas on at above rate. Use only four minutes to pound.

If you wish more browned surface and harder crust, raise cover of roaster and turn gas on for few minutes at end of operation.

(See under hints to Chambers Users, page 18.)

BRAISED BEEF EN CASSEROLE

Cut the meat from 1½ pounds of shin of beef and dredge in flour, seasoned with salt and pepper; brown in hot suet; put meat in bottom of casserole, pour over it two cups of boiling water and one cup of tomatoes, add one layer of whole onions, fill casserole with potatoes cut in large pieces, sprinkle with salt and pepper, cover.

Cook in oven with gas burning 20 minutes, leave in oven three hours with gas turned off.

CORNERED BEEF

Take three pounds rump of beef, two tablespoons salt, two tablespoons sugar, a piece of saltpetre as large as a pea, cover with cold water, let stand 24 hours. Place on stove in same liquor, bring to boil and skim. Place under hood, boil 20 minutes, then fireless two or three hours, or over night,

FRESH PORK AND SAUER KRAUT

Place two pounds pork and one quart sauer kraut in vessel and add two cups water. Boil ten minutes under hood and fireless three hours.

POT ROAST

Get a cheap cut of meat, a shank or a flank will do. Place suet in large cooking vessel. When thoroughly browned on open burner, remove. Salt meat thoroughly and rub in flour. Turn roast in brown suet grease until roast is well browned and seared. Season to taste. Put in oven with three minutes of gas to the pound and fireless 20 minutes per pound.

ROAST PORK

Proceed as in roast beef, with exception of change as per schedule page 12. Pork should be roasted at least eight minutes to the pound before starting fireless operation.

HAM AND POTATOES EN CASSEROLE

Three-quarter pound slice of ham cut in serving portions, place in bottom of casserole, fill casserole with sliced raw potatoes in layers, each layer dredged with a little flour and pepper, pour over all milk until it reaches nearly to top, cover and bake in oven. Gas burning 30 minutes, gas off 30 minutes, remove cover last fifteen minutes to brown.

IRISH STEW

Brown in hot suet one pound of stew meat cut in squares, with one onion sliced; place in bottom of pot, a little salt and pepper, on top of meat put about eight small peeled onions, a little salt, on top of onions a layer of sliced carrots, salt, then on top a layer of potatoes cut in quarters, salt and pepper. Cover three-quarters with water and cook under hood with gas on 20 minutes, off three hours.

PORK TENDERLOIN

Get thick tenderloin and split them, not quite through. Make dressing of fine bread crumbs, salt, pepper and melted butter. Stuff tenderloins and bind together with thread. Have tablespoonful of melted butter in cooking vessel, add tenderloins and bake in oven. Gas six minutes per pound, fireless 25 minutes per pound.

FRIED CHICKEN

Start frying as in usual way in skillet on top burners. Fry for three to five minutes. Light oven fire, place in chicken and let gas burn for 15 to 20 minutes. Fireless ¾ hour.

In this way, tough and old chicken can be fried and made delicious and tender.

VEGETABLES

BAKED BEANS

Wash and soak one pound of baking beans over night; cut one-half pound of pork in inch cubes and put beans and pork in pot, cover with water and put under hood. Gas burning 25 minutes, gas off three hours. Put in bean pot, turning off any excess water, add two tablespoons of molasses, saltspoon each of mustard and baking soda, dash of pepper, cover and bake in oven. Gas on 15 minutes, gas off about two to three hours. If too dry add some of water turned off.

LIMA BEANS (Fresh)

Shell, wash and almost cover with boiling water. Add salt and pepper and two slices of salt pork. Bring to good brisk boil and fireless one hour.

BEETS

Wash, scrub and clean beets. Lay them into boiling water, boil ten minutes, fireless $2\frac{1}{2}$ hours. When taken out of kettle place in cold water for moment, then slip off the skins. Cut in slices and pour over a sauce made with two tablespoons of butter, four tablespoons of lemon juice or vinegar, one-half teaspoon of salt and a dash of pepper. Bring same to boil, pour over warm beets just before serving.

BAKED CORN

Cut the grains from one dozen ears of corn, add one cup boiling milk, one-half cup butter, salt and pepper to taste. Put into buttered baking dish, dot well with small pieces of butter and bake. Gas burning 12 minutes, fireless 30 minutes.

STUFFED PEPPERS

To prepare green peppers, cut off top, and with knife cut out and remove seed and inside. Stuff as you are used to filling same. Stand close together on a baking dish. Use gas in oven 15 minutes, fireless 25 minutes.

BAKED POTATOES

Select medium sized, smooth, white potatoes and wash thoroughly. Potatoes should be uniform in size so that they will bake uniformly, in same length of time. Place potatoes on lower oven rack and light gas. Let gas burn 20 minutes, then fireless 30 minutes.

When thoroughly baked, carefully cut off the end of each potato and remove contents carefully from shell, being careful not to break the skin. Mash the contents, add small lump of butter for each one, with salt and liberal dash of paprika for each potato. Fill the skins with this mixture and place in very hot oven until properly browned.

ESCALLOPED POTATOES

Peel and slice one quart raw potatoes, take baking pan and place in one layer slices with small pieces of butter liberally added. Salt and pepper, slice in one small onion, until required quantity is prepared. Pour one pint scalding milk over this, sprinkle with bread crumbs and place in oven. Gas burning 20 minutes, fireless 45 minutes.

BREAD

BROWN BREAD

1½ cups graham flour	1 teaspoon salt	½ cup sugar
1 cup corn meal flour	1 teaspoon soda	½ cup molasses
1 cup wheat flour	2 cups milk	

Raisins or nuts may be added if desired.

Mix soda in molasses and mix thoroughly with flour, milk, sugar and salt, place in a bread tin and put in oven, gas burning 20 minutes, gas off 40 minutes. Watch carefully.

CORN BREAD

1 cup corn meal	5 teaspoons baking powder	1 cup milk
1 cup flour	2 tablespoons melted butter	1 egg
$\frac{1}{4}$ cup sugar	$\frac{3}{4}$ teaspoon salt	

Mix and sift dry ingredients together, add milk, egg well beaten and butter. Place in flat pan and place in hot oven for 20 minutes, fireless 50 minutes.

WIN THE WAR MUFFINS

One-half cup of oatmeal soaked ten minutes in one cup of milk, then add one-half cup of whole wheat or graham flour, one-half cup of rye or buckwheat flour, one-half cup of white flour, making one and one-half cups of flour in all. Stir and add three level teaspoons of baking powder, two level teaspoons of sugar, one teaspoon of salt and three tablespoons of melted shortening. Place in buttered muffin tins and put in oven which has had gas burning for five minutes previously. Gas on eight more minutes, gas off 12 to 15 minutes till done. Makes twelve small muffins or eight large ones.

CAKES

ANGEL CAKE

Whites of eight large or nine medium eggs, one and one-quarter cup granulated sugar, one cup of flour, one and one-half teaspoons cream of tartar, a pinch of salt added to eggs before whipping. Flavor to taste. Sift, measure and set aside sugar and flour, whip egg to foam, add cream of tartar and whip until very stiff. Add sugar and fold in, always using a spoon with which to mix cakes. Then flavor and fold in, then flour and fold in lightly. Bake in hot oven ten minutes with gas on, fireless fifteen minutes. Do not grease pan for angel cake.

CONSERVATION FRUIT CAKE

(Eggless—Milkless—Butterless)

Boil together for five minutes on open burner:

Two cups white sugar, two cups water, two heaping tablespoons drippings, one pound seeded raisins. When cool add one heaping teaspoon soda, one heaping teaspoon salt, one level teaspoon each of cloves, cinnamon and nutmeg. Add three cups flour, bake in hot oven 25 minutes with gas on, and 30 minutes fireless.

SHORT CAKE

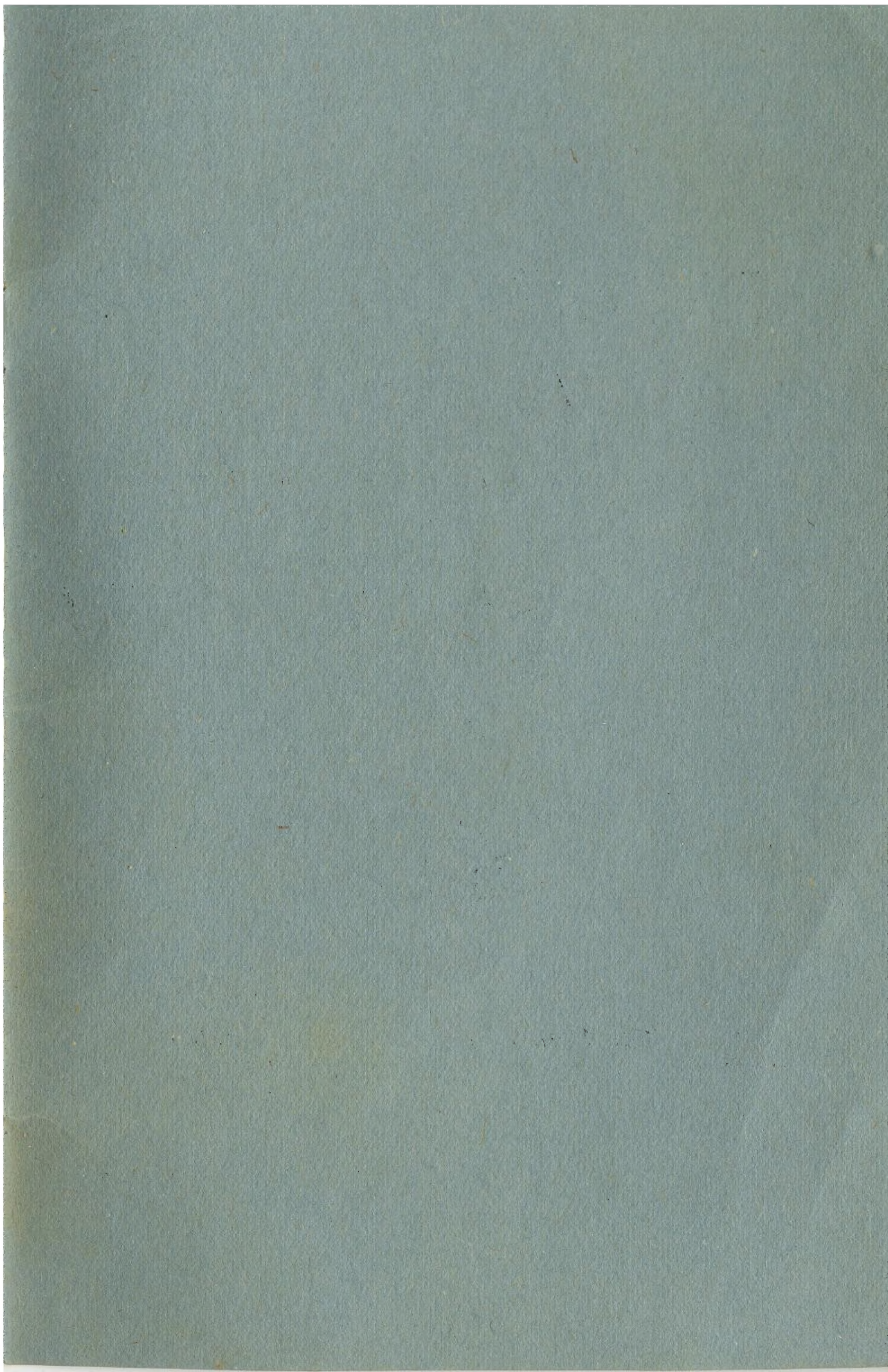
2 cups flour	$\frac{1}{4}$ teaspoon salt	$\frac{3}{4}$ cup milk
2 teaspoons baking powder	3 teaspoons sugar	$\frac{1}{4}$ cup butter.

Mix flour, baking powder, salt and sugar and sift several times. Work in butter and add milk gradually, toss on floured board, divide into two parts, pat and roll out. Place in two pie pans.

Turn on gas when starting operation so that gas is on ten or fifteen minutes. Oven should be very hot.

Place cake in this oven, leave gas on two to three minutes longer. Fireless eight to ten minutes.

Butter each layer. Serve with fruit between layers in usual way.



SAVE FOOD
SAVE FUEL
SAVE TIME
SAVE MONEY



The Sign of an Organized Kitchen

12 60
7 80

20 40

12 60
7 80

20 40